

## What to expect from your baby at 3-6 months

Night waking is normal at this age and babies are not expected to sleep for longer periods through the night until after 6 months of age. All babies develop differently and most babies may still wake for a night feed until 12 months of age.

From 3-4 months of age most babies have learnt the difference between day and night. They are sleeping for longer periods overnight but will still need 2-3 milk feeds.

Awake time is becoming longer. Time spent playing with and talking to your baby is very important for their development.

## Some ideas for interacting during **awake/play times** include:

What my baby likes

- Supervised floor play; tummy time, teaching to roll over
- Using rattles and soft toys to encourage interaction.
- Taking baby for a walk in the pram.
- Reading stories.
- Singing songs or playing music.
- Playing hand games, 'ring a rosy', 'this little pig went to market'
- Visiting friends.



## Some ideas for interacting during **quiet times** include:

What my baby likes

- Reading a book, use the same one each time to create an association with sleep.
- Sing a special song.
- Have a relaxing bath time or baby massage.



Sleep times can vary, but now they usually sleep through the sleep cycle and sleep longer each time. After three months most babies will change to about 3 sleeps each day.

# Daily Activities

The feed, play and sleep cycle is the core structure of your baby's day.



For parenting advice call:  
The Tresillian Parent's Help Line  
1300 2 PARENT (1300 272 736)

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[tresillian.org.au](http://tresillian.org.au)

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REVIEWED MAY 2020





## What to expect from your baby at 0-3 months

Your baby's feed, play, sleep cycle is the basic structure of your baby's day. All babies have varied sleep needs and therefore the following is a guide only that you can use and adapt to your own baby's individual needs.

In the early weeks, you and your baby are getting to know each other through activities such as feeding, sleeping, listening and focusing on each other. This is a time of learning your baby's, play and sleep cues.

It is normal for a newborn to feed at intervals of 2 to 5hrs and in the early months your baby needs at least 6-8 feeds in 24 hours. Because of this, it is not always possible to get your baby into a routine straight away – it is however possible to develop a rhythm to your baby's day such as:

- feeding every 2 ½ - 4 hours.
- changing nappy before, in the middle of or at the end of a feed and bath time at around the same time each day.

## Sleep times

Sleep times can vary with your baby. They may be able to sleep through the sleep cycle and learn to sleep longer each time, or need your help to return to sleep.

As your baby matures, wake time during the day increases and night sleeps lengthen. Some days may go smoothly, other days your baby may need you more and things don't go as planned.

This is part of your baby's normal transition to their new life, where they:

- get to know you.
- adapt to their changing world.
- learn day and night and the feed-play-sleep pattern.

See the *Tresillian Tip Sheet "Normal Newborn Crying"*

Things that may interrupt all this learning include:

- illness.
- changes in family environments.
- extra busy days.

If you are concerned please see an Early Childhood Nurse or a Health Professional to talk through your concerns.

## TO BE USED AS A GUIDE ONLY

	Daily Activities 0-6 Months	Baby's individual activity Plan
<b>FEED</b>	<b>Early Morning (After 5am)</b> Milk feed May return to sleep OR get up to start the day	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b>	
<b>FEED</b> <b>PLAY</b>	<b>Mid morning</b> Milk feed Play Awake time 1½ to 2hrs	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b>	
<b>FEED</b> <b>PLAY</b>	<b>Lunchtime</b> Milk feed Play Awake time 1½ to 2hrs	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b>	
<b>FEED</b> <b>PLAY</b>	<b>Mid afternoon</b> Milk feed Play Awake time 1½ to 2hrs	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b> <b>May only require a short nap</b>	
<b>FEED</b> <b>QUIET TIME</b>	<b>Evening</b> Milk feed Bath Quiet time Cuddle	
<b>SLEEP</b>	<b>Settle for night &gt; SLEEP</b> <b>Baby will still wake for feeds overnight</b>	